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Mental Health Mondays

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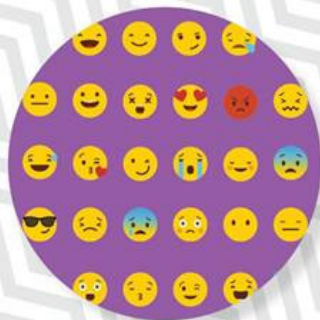
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Mental Health Mondays

Everyone has mental health, but not everyone has mental illness.

Understanding the two is key to reducing the stigma around both. For our first installment of Mental Health Mondays, we connected with Dr. Joseph Campbell from IUSB to help us dive into the meaning behind mental health and mental illness.



What does it all mean?

Mental health and mental illness are on a continuum. They overlap when mental health problems or issues create significant distress for an individual and impact multiple areas of a person's life.

Mentally healthy people have a positive outlook, and a realistic expectation and approach to life. They manage their emotions well, are sociable, can cope with stress and adversity, and are self-confident.

Mental health describes a person's wellness, well-being, sense of self, outlook on life, and more. Mental illness includes those dimensions, but also identifies clinically significant symptoms that are associated with a mental disorder or illness, based on criteria from the Diagnostic and Statistical Manual of Mental Disorders (DSM).

More about mental health

Mental health can be compared to physical health - they're two sides of one coin. Just like you work to eat right, exercise, and avoid smoking and excess alcohol to stay physically healthy, you need to work to stay mentally healthy as well.

To maintain good mental health, find effective coping strategies for dealing with stress, and dedicate time toward thoughtful meditation and self-reflection to become more self-aware.

Seeking help for illnesses

When you experience physical pain, swelling, soreness, or other symptoms of physical illness, you seek out information, education, and treatment from a medical professional. It's the same for mental illness.

If you are experiencing depression, anxiety, hallucinations, debilitating phobias, or find it overwhelming to maintain social, work, and family responsibilities, you should seek out a mental health professional.

Special thanks to:

Dr. Joseph Campbell, PhD LMHC
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